

BETTER IN THE COMMUNITY

LONDON BOROUGH OF CAMDEN: FIRST EDITION



WELCOME TO BETTER IN THE COMMUNITY

Read this first issue to find out what's been happening in Camden centres and the community so far in 2019, and what to expect in the coming weeks. This bulletin is designed to keep Better staff, Camden colleagues and the community informed. If you have any questions on this or future publications, please contact andrew.gilbert@gll.org



HOPSCOTCH ASIAN WOMEN'S GROUP AT SWISS COTTAGE

Justyna Bakula, the Swiss Cottage Leisure Centre Health and Well-Being Champion, is working in partnership with Hopscotch Asian Women's Centre to provide the group with a 6-week free sport and physical activity taster programme, using the Swiss Cottage Programmable Area. The group take part in a range of exercises and are supported by a Better Fitness Instructor.

The sessions are followed by social time in Del'Aziz Café, where the ladies enjoy refreshments and healthy snacks. The ladies all feel very at home at Swiss Cottage, already enquiring about other leisure activities and memberships, and took part in the 2019 Swiss Cottage annual brochure photoshoot.



A BETTER JOB IN LEISURE

Better Camden launched a new apprenticeship and employability programme in partnership with the Somers Town Job Hub and GLL College. Following interviews, 9 Camden citizens have been identified and will undertake various training courses delivered through both the GLL College and Job Hub to become either a Customer Service Assistant or Recreational Assistant.

All 9 citizens completed their Emergency First Aid at Work Course at Oasis Sports Centre and are on their way to a Better job in leisure. Exciting conversations are also happening with Camden's Employment Services team to explore more opportunities. Look out for future project updates, following the citizens' journey in future editions of *Better in the Community*.



BETTER TEAM UP WITH NORTH CAMDEN ZONE TO DELIVER CHALCOTTS CUP

The North Camden Zone, a project of The Winch, aims to improve life outcomes for children and young people. Their goal is to make the local area a great place to live and to grow up, which mirrors Better's community values. The North Camden Zone co-ordinates activities for the following estates: Chalcott, Hilgrove & Harben, and Harrold. In partnership with The North Camden Zone, Better Camden supported citizens with the use of Swiss Cottage Leisure Centre AstroTurf. The Chalcotts Cup consisted of two football tournaments, one for juniors and one for adults. 45 players took part across the two competitions with more than 50 spectators supporting their fellow community members; one of the local citizens commented, "Great afternoon, good community cohesion, a lovely turn out, many thanks to all!"

Better look forward to working in partnership with the North Camden Zone delivering future events to further improve community cohesion.



100% FOR CALTHORPE LIVING LAB

Better pledged £1250 to help The Calthorpe Project achieve 100% of their £13,720 crowdfunding target. Based in the Kings Cross Ward of Camden, The Calthorpe Project is a valuable community resource and green space in Central London, an Eco Oasis that exists to improve the physical and emotional well-being of Camden citizens. Through the GLL Community Foundation, Better Camden have supported The Calthorpe Project with funding to further improve their facilities, specifically the Living Lab which enables growing of plants.

Environmental and food-growing sessions have taken place, encouraging and developing awareness of organic methods and composting. Through new learning around growing plants and sustainable living, new community groups have formed to create mini allotments.

We encourage local groups to attend an upcoming workshop – if you are interested please do get in contact. To find out more about GLL Community Foundation, visit spacehive.com/profile/Better#funds or email daniel.bank@gll.org.



THINKING OUTSIDE THE BOX

The Better Community team and Dean Barker, Kentish Town's new Health and Well-Being Champion, were pleased to make an impact at Camden Market's event 'Thinking Outside the Box', which aimed to promote positive mental health through sport. The event was attended by St Pancras and Somers Town citizen Robbie 'The Camden Caretaker' Chapman. Robbie dominated the amateur scene and turned professional in 2018; he has won all of his 3 pro fights too! Robbie is committed to giving back to the community, promoting the rewards of physical activity. Positive mental health is important to deal with the challenges of everyday life, and sport can help that. 60 young people were joined by youth

organisations including Fitzrovia Youth Action, Kings Cross Brunswick and Queen's Crescent Community Association, who were all supported by Camden Councillors Hai, Robinson, Khatoon, Boyland and Callaghan. Better challenged young people and youth workers to take part in 3 rounds of exercise; this involved sustaining a plank, squat and a lateral raise. Better gave out youth leaflets and merchandise, and promoted all Better facilities and programmes. Dean would love to hear from you to attend more community events; to get in touch please email dean.barker@gll.org



Amazing Camden football final matches here at the brilliant Talacre Sports Centre.

@Better_UK
@Better_Camden
@NewJournal
@CamdenCouncil



PANCRAS SQUARE WALKING NETBALL GROUP HAVE SOMETHING TO AIM FOR

St Pancras and Somers Town citizens start their preparation to represent Camden in the annual Better Club Games. The ladies were pleased to be able to practice their netball shooting to further complement the regular passing drills in Studio 1 at Pancras Square Leisure. The new netball post isn't the only thing the ladies can aim for, with a place at an England Netball tournament looking likely in addition to the Better Club Games in September 2019.

Their coach Yvonne Rhoden said, "If you haven't played netball in a while, come along just for a wiggle and a giggle".

The session from 10am to 11am on Thursdays is part of our Better 'Later Life' and 'Club' programme, with activity being led by England Netball. Also keep an eye on our in-centre TV screens to watch The Roses in the upcoming Netball World Cup.



FREE HIV TESTING AT OASIS SPORTS CENTRE

Oasis Sports Centre hosts free HIV testing sessions in partnership with Spectra London, with testing continuing throughout 2019. These sessions aim to empower individuals to make positive choices about their health and well-being by providing accurate information, education, and support.

No appointment is necessary for any of these sessions, and free condoms and health support will be provided in partnership with testing services.

Better is committed to working with community partners like this to improve the health and well-being of both our members and the general public. Information regarding future sessions can be found at www.spectra-london.org.uk or by visiting the Oasis Sports Centre.

POSITIVE CUSTOMER FEEDBACK

Talacre Community Sports Centre and Oasis Sports Centre received positive customer feedback.

Do you follow us on social media? If you are interested, you can follow us on Twitter @Better_Camden to receive the latest updates or tag us in pictures.

Oasis received their praise through a comment card. One very happy Oasis member commented, "This pool is one in a million. The space, the staff, the facilities, all of it. One of the things I find so special about Oasis is the community within it. It is a truly special place and seems to bring the best out of people. Really fantastic! Thank you and stay brilliant!!"

COMING UP

Expect to read about how Talacre continue to strive to improve their disability offer by collaborative working, and what centres did for key women's events in March.